

Basic Netball Rules

PLAYERS: A netball team consists of up to 12 players with 7 players allowed on court at any one time. A team may take the court with a minimum of 5 players.

Netball Court Showing Starting Positions for a Centre Pass



The positions are described below:

Position name	Abbreviation	Allowed in	Notes
Goal Shooter	GS	Enemy goal third including goal circle	Often, but not always, defended by the opposing Goal Keeper. Main role is to shoot goals, by working closely with Goal Attack to achieve positions in the shooting circle where one can receive passes from the feeding midcourt players
Goal Attack	GA	Centre and enemy goal thirds including goal circle	Often defended by the opposing Goal Defence. As well as sharing the Goal Shooter's role to shoot goals, the Goal Attack is responsible for helping to set up offensive play
Wing Attack	WA	Centre and enemy goal thirds excluding goal circle	Often defended by the opposing Wing Defence Main role is to move the ball from centre court to an attacking position. Accurate passing using a variety of styles including bounce passing, drop passing and faking passing is important in this position
Centre	C	Anywhere except the goal circles	Involved in defensive and offensive plays, and responsible for restarting play after a goal is scored. Players in this position require a high level of fitness.
Wing	WD	Centre and own	Usually defends against the Wing Attack-Often

Defence		goal thirds excluding goal circle	involved in blocking offensive plays from the opposing team, and may also be called upon to guard against the Goal Attack or Goal Shooter by preventing them from entering the goal circle.
Goal Defence	GD	Centre and own goal thirds including goal circle	Usually defends against the Goal Attack. Main role is to assist the Goal Keeper in defending the goal against the opposing shooters.
Goal Keeper	GK	Own goal third including goal circle	A specialised defensive position. Often the last person who can keep the opposing shooters from scoring. Also responsible for taking throw-ins in the defensive third of the court. Accuracy in passing and predicting where the ball will go are keys to playing this position well.

PLAYING THE GAME: Centre passes are taken alternately by the Centre of each team, after each goal is scored and at the start of each quarter. Each team endeavors to pass the ball down to their goal circle and score goals. The team with the most goals at the end of the playing time wins the game.

CENTRE PASS: Before the whistle all players must start in the goal thirds except the two Centres. The Centre with the ball must be wholly within the Centre Circle and must obey the footwork rule after the whistle has been blown. The opposing Centre stands anywhere within the Centre Third and is free to move. After the whistle the Centre pass must be caught or touched by a player standing in or landing wholly within the Centre third.

SCORING A GOAL: Only GS or GA can score – they must be completely within the goal circle when the ball is received in order to shoot for goal. A goal is scored when the ball passes over and completely through the goal ring.

PLAYING TIME: A game consists of 4 x 15 minute quarters with an interval of 3 minutes between the first and second and third and fourth quarters and a 5 or 10 minute half time interval.

STOPPAGES: Up to 2 minutes of time is allowed for the first injury of either team, as called by the umpire upon request by a player.

For all subsequent injuries that quarter, 30 seconds of time is permitted.

UMPIRES: Two umpires have control of the game and their decisions are final. When rules of the game are broken the penalties

awarded by the umpires are: free pass, penalty pass (or penalty pass or shot), throw in, or toss up.

MINOR INFRINGEMENTS- FREE PASS: Breaking the following rules will result in a FREE PASS being awarded to the opposing

team. When a FREE PASS is awarded to a team it may be taken by any player from that team allowed in that area, as soon as they are in position. (A player may not shoot from a free pass in the goal circle).

OFFSIDE: A player moving out of own area, with or without ball (on a line counts as within either area).

BREAKING AT THE CENTRE PASS: A player moving into the Centre third before the whistle is blown for the Centre pass.

PLAYING THE BALL:

A player who has caught the ball shall play it or shoot for goal within three seconds

A player may bounce or bat the ball once to gain control

Once released, the ball must next be touched by another player

There must be room for a third player between hands of thrower and catcher

A player on the ground must stand up before playing ball

PASSING DISTANCE: At the moment the ball is passed there must be room for a third player between hands of thrower and catcher.

OVER A THIRD: A ball may not be thrown over a complete third without being touched or caught by a player wholly within that third.

FOOTWORK: Having caught the ball, a player may land or stand on:

One foot – while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.

Two feet (simultaneously) – once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

MAJOR INFRINGEMENTS- PENALTY PASS: Breaking the following rules will result in a PENALTY PASS or PENALTY PASS OR SHOT

being awarded to the opposing team.

A PENALTY PASS (or PENALTY PASS/ PENALTY SHOT if in the goal circle) is awarded where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.

OBSTRUCTION:

Player with ball: the nearer foot of the defender must be 0.9m (3ft) feet from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 0.9m (3ft) feet distance

Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.

Intimidation: of any kind, is classed as obstruction

A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player.

CONTACT: No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

OUT OF COURT - THROW IN:

A THROW IN is awarded to the opposing team of the player who last had contact with the ball or who received the ball whilst in contact with anything outside the court. Ball is out of court when it contacts anything outside the court area (except the goalpost).

The ball is returned into play by a Throw-In taken from a point outside the court where the ball crossed the line.

The player stands with foot close to the line, and the ball must be thrown onto the court within three seconds.

TOSS UP: This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with hands by their sides and the umpire flicks the ball upwards not more than 600mm (2ft) in the air as the whistle is blown.